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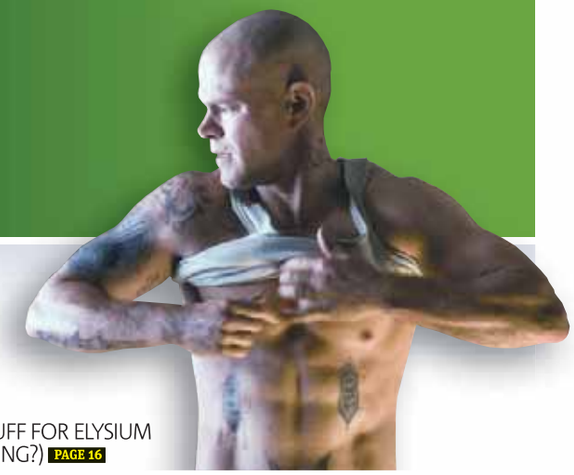

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Could your throne rule you?

Smart toilets are ripe for mischief, with some hotels even having their loo water stolen, warns a tech consultant PAGE 12

ONE MAN'S 'RIDICULOUS' IS ANOTHER WOMAN'S STIMULUS

MATT DAMON FEELS SILLY GOING BUFF FOR ELYSIUM (BUT GUESS WHO'S NOT COMPLAINING?) PAGE 16

Layoffs and legal battle loom at U of A

Voluntary severance. Union takes issue with introduction of buyout plan for academic staff

ANNALISE KLINGBEIL
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In an effort to address budget cuts in two years instead of three, the University of Alberta is offering voluntary buyouts to most academic staff.

Staff must decided by Sept. 16 if they want to apply for the Voluntary Severance Program (VSP), which comes after the Association of Academic Staff University of Alberta (AASUA) rejected a request to re-open salary and benefit agreements last week.

Acting provost Martin Ferguson-Pell said it's "impossible" to know how many academic staff would need to take the voluntary buyouts to find $56 million in cuts for the school's operating budget.

"If we can take a significant amount of that $56 million out through voluntary severances, it's by far the preferred way forward than, of course, getting into a situation where we have involuntary severances," Ferguson-Pell said.

In a statement issued last week, Ferguson-Pell said reopening agreements was the "best option for achieving major reductions" and necessary "to avoid large-scale job losses."

Ferguson-Pell said a VSP information session is scheduled for September and the school wants the program to be "a collaborative process."

Kevin Kane, president of AASUA, said the school did not follow correct procedures in introducing the program. He said the collective agreement with the school requires the union be part of the process for introducing such a plan.

"They have sent this out to our members without our involvement. We're going to be looking at what our next steps are," Kane said.

Kane said those next steps include examining legal options because the school has breached the association's collective agreement.

The university has also asked the Non-Academic Staff Association (NASA) to re-open current agreements.

While NASA is bringing the matter to its membership, the executive has recommended the membership say no to reopening its collective agreement.

Ferguson-Pell said the budget plan the institution originally submitted to the government achieved a balanced budget in three years.

While the government hasn't given the school formal feedback, it has "informally" asked the U of A to "accelerate" the plan, Ferguson-Pell said, and as a result the school is trying to achieve a balanced budget in two years.

A spokesperson for the provincial Advanced Education Ministry, which oversees post-secondary schools, said the University of Alberta's comprehensive institutional plan is currently under review.

Quoted

"If we can take a significant amount of that $56 million out through voluntary severances, it's by far the preferred way forward, than ... involuntary severances."

Acting U of A provost Martin Ferguson-Pell

COMMUNITY IN SHOCK

RCMP work at the scene of what they believe was a fatal python attack in an apartment above Reptile Ocean exotic pet store in Campbellton, N.B., on Monday. Police suspect two young boys were killed by a snake as they slept in the apartment. Story, page 6. THE CANADIAN PRESS

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Cabinet shuffle

Mom asks feds to reimburse cost of cancelled meeting

A grieving mom who flew to Vancouver for a meeting with Canada's justice minister in July, only to find out the cabinet shuffle had cancelled the talk, is asking the government to reimburse her costs.

Sheri Arsenault, whose teenage son Bradley was killed in 2011 by an alleged drunk driver alongside two friends, paid around $750 for a flight to Vancouver and a hotel room for a meeting that was nearly two years in the making.

Arsenault and Markita Kaulius, the founder of Families for Justice, were getting ready for the meeting when the pair turned on the radio and heard that a cabinet shuffle meant MP Rob Nicholson was no longer federal justice minister.

Arsenault said she's expecting to hear from the government about a re-scheduled meeting this week, and she has also asked to be reimbursed for the wasted trip.

"I'm not wealthy and we (Families for Justice) does everything on our own," she said.

Late last month, following the cabinet shuffle, Arsenault was able to briefly speak with Canada's new justice minister, Peter MacKay.

Arsenault said MacKay apologized for the cancelled meeting and after speaking with him, she is hopeful that changes to Canada's drunk-driving laws could be made. "We just don't want another family to have to go through what we did," she said.

ANNALISE KLINGBEIL/METRO

Robert Felker was supposed to marry Carol Kalam in September 2014. Instead of a wedding, friends and family will be attending a funeral for Felker, who died in hospital last week after he was viciously attacked on July 20 in the alley behind his McCauley home. CONTRIBUTED

'He was just your good ol' country boy'

Robert Felker.
City's 16th homicide victim remembered

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Carol Kalam and Robert Felker were planning a country wedding for the fall of 2014.

After Felker surprised Kalam while she was at work in October, getting down on one knee with his dog Youngson by his side, the couple set to work planning their wedding.

The "great big country shindig" was going to have a hoedown and a potluck, perfect for a couple who met while singing country songs at a cosy karaoke bar.

But instead of a wedding, friends and family will be attending a funeral for Felker, who died in hospital last week after he was viciously attacked on July 20 in the alley behind his McCauley home.

"I want people to know that Robert went down as a hero; he was a Good Samaritan," Kalam said.

On July 20, Kalam and Felker were in bed watching television when they heard what sounded like voices arguing outside.

Felker took his dog out to see what was happening and returned to tell Kalam that it looked like a man was being pushed around and needed help.

Felker went back outside.

Soon, Youngson was barking loudly and Kalam rushed outside to find Felker "in a crumpled mess."

Quoted

"I want people to know that Robert went down as a hero; he was a Good Samaritan. What he did that night was something that he believed in."

Carol Kalam

After what police say was a severe beating, Felker was rushed to hospital with life-threatening injuries.

Kalam said her common-law partner was a good singer and cook who "had a heart of gold."

He adored Youngson, who was a rescue dog, and liked to help others.

"He was just your good ol' country boy," Kalam said.

"He went down for something he believed in."

Felker's death was officially declared a homicide on Friday and police say charges of aggravated assault against three suspects will be upgraded to murder.

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A photo captures one of three men jumping from a downtown condominium tower on Sunday night.
COURTESY MURRAY BILLETT

Base jumpers likely serious pros, local skydivers say

Sunday-night stunt. Police pursuing possible charges, if they can find out who the suspects are

RYAN TUMILTY
ryan.tumilty@metronews.ca

Three mystery daredevils who plunged off a downtown Edmonton condo tower on Sunday night would have to be seasoned professionals with hundreds, if not thousands, of jumps under their belts, say local skydivers.

"I guarantee you that they are extremely experienced skydivers," said Joey Allen, an instructor at Edmonton Skydive.

The jumpers took off from the Pearl, a 35-storey tower on Jasper Avenue, at about 9:15 p.m. After landing they fled the scene, and police are pursuing the case for possible trespassing or break-and-enter charges.

Allen said base-jumping is not something even an experienced skydiver could attempt lightly, because regular gear would not work.

"My parachute takes 1,000 feet to open," he said.

Lyle Waddell, owner of Eden North skydiving near Stony Plain, said there is very little room for error in such a low jump.

"The biggest thing about base is that you have to get your parachute open as fast as you can," he said.

Waddell said that after getting the chute open, base jumpers would also have to make sure they are headed in the right direction.

"You don't have very much time to react and respond."

Police are still looking for witnesses who may be able to identify the skydivers.

Anyone with information can contact the EPS complaint line at 780-423-4567 or Crime Stoppers at 1-800-222-8477.

Same crew?

- In July 2011, three base jumpers leapt from the EPCOR tower, which was then under construction.

Online

For more local news, go to metronews.ca

Police shooting may be racially motivated: Aboriginal leader

An Alberta aboriginal leader wants an agency that investigates police shootings to determine whether racism was a factor in a weekend traffic stop that ended with two men being shot.

Muriel Stanley Venne, who is chair of the Aboriginal Commission on Human Rights and Justice, says the incident may be another reminder of the discrimination against aboriginal people by the justice system.

Lance Cutarm, who was 30, died while his brother, Larron Cutarm, who is 41, suffered chest wounds after the vehicle they were riding in was stopped Saturday by a Mountie at Pigeon Lake, southwest of Edmonton.

Their father, Larry Cutarm, says he was driving his three sons and his brother to a home after stopping to buy liquor when they were stopped. He says he was placed in handcuffs as soon as he got out of his truck and the others in the vehicle tried to prevent the officer from beating him when the shooting happened.

The Alberta Serious Incident Response Team is investigating.

"The Aboriginal Commission on Human Rights and Justice is gravely concerned after an incident that began as an impaired-driving investigation ended with the shooting by an RCMP officer, leaving one aboriginal man dead and another wounded," Stanley Venne said in a news release Tuesday.

"This incident may be another reminder that aboriginal people are often the targets for police brutality, which is a reflection of the racism that exists within society and manifests itself at different times within the RCMP."

THE CANADIAN PRESS

Fatal incidents

- On Friday, RCMP used a Taser on a 27-year-old man during an arrest in Leduc. The man died Sunday morning.
- On Thursday, RCMP in Grande Cache shot and wounded a man who has since been identified by family as Curtis Hallock, a regular character on the reality TV show Mantracker.

Under-20 World Cup

City to host seven FIFA games

Edmonton will play host to seven games during the FIFA under-20 Women's World Cup in 2014. Sixteen teams are coming to the three-week tournament in August 2014, which will be hosted in Edmonton, Moncton, Montreal and Toronto.

METRO

Three Hills resident

Man dies trying to rescue dog

An Alberta man who was pulled out of a pond in western New York state while trying to rescue a dog has died in hospital. Earl Gallant, 55, of Three Hills, died last Saturday.

THE CANADIAN PRESS

Downtown Edmonton. Few details available regarding building projects near arena site

The first developments around the proposed downtown arena seem to be taking shape, but there are few details on what exactly is going up.

A public meeting will take place on Wednesday night at the McDougall United Church to discuss a proposal to rezone both the Greyhound bus station and the parking lot across the street.

No development plans have been submitted, but the zoning change would allow for taller buildings with digital signs on their exterior surfaces.

Peter Odinga, senior planner with the city, said it is hard to know exactly what would be built there and when, at this point.

Representatives from the Katz group declined to comment on the rezoning.

RYAN TUMILTY/METRO

Quoted

"The zoning has to occur first and then they would have to come in for an application, and we don't know the timing."

Peter Odinga, senior planner, City of Edmonton

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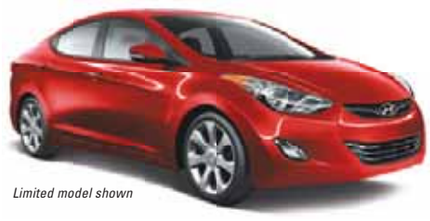

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Apparent python strangling leaves city in utter disbelief

Two dead. Family and friends reminisce over brothers, struggle to cope with 'bad dream'

From left, Noah Barthe, Mandy Trecartin and Connor Barthe in an undated photo. RCMP in Campbellton, N.B., said the boys, aged four and six, were found dead Monday morning. FACEBOOK/THE CANADIAN PRESS

The deaths of two boys, who police believe were killed by an African rock python while they slept at a friend's apartment, has rattled the northern New Brunswick city of Campbellton, where the children were remembered Tuesday as fun-loving free spirits.

Noah and Connor Barthe, aged four and six, were found dead Monday after the 45-kilogram snake escaped its enclosure in the apartment, slithered through a ventilation system above and fell through a ceiling into the living room where they were sleeping, police said.

Dave Rose, the great uncle of the boys, said Noah was looking forward to starting kindergarten this fall before "this awful tragedy."

Rose said the boys were spending the day with family friend Jean-Claude Savoie, who took them shopping and to a farm before they returned to his apartment.

"They were two typical children; they enjoyed life to a maximum," Rose said.

The Facebook page of the boys' mother, Mandy Trecartin, shows a mom devoted to and proud of her boys.

"My two super handsome boys sporting their Christmas PJ's," Trecartin wrote on a photo of the boys in front of a Christmas tree last year.

"I can't believe this is real," Savoie told Global News on Monday. He said he didn't hear a sound and only discovered the "horrific scene" when he went into his living room that morning. At that point, Savoie said he pinned the snake down and put it in a cage. THE CANADIAN PRESS

Autopsy, necropsy

The search for answers continues

The RCMP said the boys were found dead Monday at around 6:30 a.m. in an apartment located above Reptile Ocean, an exotic pet store.

The RCMP said Monday they believe the snake strangled the boys, but Sgt. Alain Tremblay said Tuesday investigators are waiting for the results of an autopsy on the children as well as a necropsy on the snake.

Asked why anyone in the apartment didn't appear to have heard anything, Tremblay said that was still under investigation.

The snake was later captured by Savoie, who also owns Reptile Ocean. It was later put down by a veterinarian and sent for a necropsy to help determine what may have prompted it to attack the boys, Tremblay said.

Paul (Little Ray) Goulet, founder and co-owner of Little Ray's Reptile Zoo in Ottawa, said snakes don't recognize humans as a source of food — but if the children smelled like animals from playing at a farm, it could explain an attack.

"If a snake sees an animal moving, giving off heat and smells like a goat, what is it? It's a goat," said Goulet.

New Brunswick's Natural Resources Department said a special permit is required for African rock pythons and that the snake's owner didn't have one.

Urban moms at higher risk of postpartum depression: Study

The symptoms of postpartum depression are more intense and last longer than the typical baby blues. ISTOCK

New mothers living in big cities in Canada have a higher risk of postpartum depression than women in less populated areas, a study has found.

Postpartum depression can occur after a woman gives birth and is a serious health risk for both women and their babies. The symptoms are more intense and longer-lasting than the typical baby blues and may interfere with a mother's ability to care for her child.

The study, published Monday in the Canadian Medical Association Journal, is based on a 2006 national survey of almost 6,500 new mothers. It found that almost 10 per cent of the women living in cities with a population of at least 500,000 reported experiencing postpartum depression.

That's compared to six per cent of new moms in rural areas, almost seven per cent in semi-rural or small-town areas and about five per cent in semi-urban areas.

"Social support was a major factor," said lead author Dr. Simone Vigod, a psychiatrist at Women's College Hospital in Toronto. "So women in large urban areas were reporting much lower levels of social support than women in all three other groups."

Many large cities also have a higher percentage of immigrants.

"And those women in particular in our study appeared to be at increased risk," explained Vigod, adding that women whose families live elsewhere may not have the same kinds of support. THE CANADIAN PRESS

Symptoms

Most new mothers experience mood disruptions. But symptoms of postpartum depression go beyond those reactions to include:

- Loss of appetite, insomnia, intense irritability and anger, lack of joy in life, feelings of guilt or inadequacy, difficulty bonding with the baby, and suicidal thoughts.

Rights investigation

Company sorry gay couple allegedly sent to back of bus

The company that runs the shuttle service to the Albuquerque, N.M., airport's rental-car centre is apologizing after a driver allegedly ordered a gay couple to sit in the back of the shuttle bus.

Standard Parking Inc. said it respects the equal rights of all customers and doesn't tolerate discrimination of any kind. It also said the employee was suspended after the company learned in July of the late June incident.

According to a police report, one of the men involved said they'd been holding hands and that the driver ordered them to the back when one of them started to sing. THE ASSOCIATED PRESS

'No more pain'

Baby best man dies of leukemia

The mother of a terminally ill two-year-old Pennsylvania boy who served as his parents' best man at their wedding says he has died.

The boy, who had leukemia and other complications, was dressed in a tan pinstripe suit for Saturday's wedding. THE ASSOCIATED PRESS

Christine Swidorsky with her best man Logan Stevenson, 2. ERIC SCHMADEL/TRIBUNE REVIEW/THE ASSOCIATED PRESS

Climate change

Sea, snow and ice simmered in 2012, grand study shows

A massive U.S. study by the National Oceanic and Atmospheric Administration says the world in 2012 sweltered with signs of climate change.

Rising sea levels, snow melt, heat buildup in the oceans as well as melting Arctic sea ice and Greenland ice sheets all broke or nearly broke records.

National Climatic Data Center director Tom Karl says surface temperatures haven't risen in the last 10 years, but he notes that is only a blip in time, subject to natural variability. Since records were first kept in 1880, all 10 of the warmest years ever have been in the past 15 years, NOAA records show. THE ASSOCIATED PRESS

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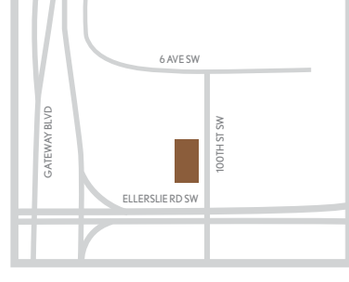

Quebec. Father could face criminal charges after kids go car surfing

After two young girls were seen car surfing, police in Quebec have fined a 29-year-old La Pêche man and submitted his case to the director of criminal prosecutions to see if charges should be laid.

Two girls aged six and seven were seen July 17 and 18 riding on the hood of a car on Du Lac Vert Road in La Pêche, MRC des Collines police said in a news release. Witnesses called police and the force says that as a result of an investigation, charges of criminal negligence and child abandonment could be filed.

The man in question is the father of the six-year-old girl, while the other young girl is his spouse's daughter, police said.

Police said the man was fined $1,264 for allowing a person to be on an outer part of his vehicle. METRO

Massachusetts

Cardboard cop cuts crime at bike racks

The burly officer watching over the bike racks at a Boston-area transportation hub is a real stiff.

As part of an effort to cut crime at the Alewife MBTA subway and bus station in Cambridge, Mass., transit police placed a cardboard cutout of a police officer in the bicycle cage. Hundreds of people use the racks daily.

Deputy Chief Robert Lenehan says the fake cop, along with video cameras and a new lock, has cut bike thefts by 67 per cent.

It's also a money saver. Lenehan estimates it would cost $200,000 US a year to have an officer watch over the cage full-time.

The cutout is actually a picture of real MBTA officer David Silen.

Silen says the split second thieves take to glance at the cutout is enough to discourage them. THE ASSOCIATED PRESS

Georgia

Man reunited with wallet after 24-year wait

A Georgia man who lost his wallet while waterskiing in North Carolina now has it back — 24 years later.

Burton Maugans of Acworth tells WSB-TV that he received a call from a stranger who knew his age, his name and his birthdate. Maugans says he realized fairly quickly the stranger had found his wallet because it's the only one he'd ever lost.

Maugans says he was 18 when he went into the water with his wallet and it disappeared somewhere near Holden Beach in North Carolina. North Carolina resident Jim Parker found it recently and searched the Internet for its owner.

The wallet arrived in the mail in Georgia on Thursday. It still contained Maugans' high school ID card from 1987, a library card and an old bank card. THE ASSOCIATED PRESS

Bill. Ugandan lawmakers accused of stifling protests

Uganda's parliament on Tuesday passed a contentious bill that critics say will make it impossible to stage street protests against the country's long-serving president, following months of confrontation between the authorities and activists who had mounted a campaign to have the legislation jettisoned.

The Public Order Management Bill was passed five days after opposition lawmakers staged a fierce attempt to filibuster its passage amid concerns it gives Ugandan police dictatorial powers to decide who can stage a public event of a political nature. On Thursday an opposition lawmaker — in an apparent bid to delay voting on the bill — tore up a roster of lawmakers to vote on the bill as the speaker looked on.

Amnesty International said Monday that the legislation "represents a serious blow to open political debate" in a country that is seeing more and more protests against President Yoweri Museveni, who has held power for nearly three decades. THE ASSOCIATED PRESS

Lighting a beacon of hope for Hiroshima's darkest hour

A boy releases a paper lantern to the Motoyasu River with the backdrop of the Atomic Bomb Dome in Hiroshima, Japan, on Tuesday. Japan marked the 68th anniversary Tuesday of the atomic bombing of Hiroshima with a somber ceremony to honour the dead and pledges to seek to eliminate nuclear weapons. THE ASSOCIATED PRESS/SHIZUO KAMBAYASHI

Senator steps down over health troubles

A timely departure?
Liberal party insists Zimmer's exit not tied to expense scandal

A Liberal senator who made headlines in 2011 when he married a woman more than four decades his junior is stepping down amid ongoing health concerns.

Rod Zimmer's departure, made known in a letter to the Governor General, was circulated around the Senate on Tuesday, and comes against the backdrop of an ongoing scandal over improper expense claims.

A spokesman for Liberal Sen. Jim Cowan, the leader of the Opposition in the Senate, says Zimmer's resignation is strictly health related and has nothing to do with the ongoing expense review.

His resignation letter was submitted late Friday and took effect immediately, according to a copy of the notice, obtained by The Canadian Press.

Zimmer, 70, has represented Manitoba in the upper chamber since being appointed in 2005 by former prime minister Paul Martin.

A longtime Liberal fundraiser and executive at CanWest Corp. and Manitoba Lotteries, Zimmer has been in and out of hospital several times this year, most recently in May with a respiratory ailment. He also spent nearly three weeks in hospital last spring battling pneumonia.

Sources in the Senate said the timing of the resignation took them by surprise, but it was widely expected that Zimmer would eventually give up his seat because of his continuing poor health.

Prior to being appointed to the Senate, he was diagnosed in 2003 with throat cancer but bounced back.

A spokeswoman for Liberal Leader Justin Trudeau says Zimmer notified him ahead of time about his intention to leave. THE CANADIAN PRESS

Trouble in the skies

The senator's wife was found guilty of causing a disturbance during an Air Canada flight to Saskatoon last year.

- Passengers stated Maygan Sensenberger threatened to slit Rod Zimmer's throat, but she claimed she was upset because her husband appeared to be having a heart attack.
- Zimmer supported his wife throughout the court proceedings and insisted repeatedly that he never felt threatened by her actions.

Rod Zimmer and his wife, Maygan Sensenberger, appear in this undated Facebook photo. FACEBOOK

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CarProof VEHICLE HISTORY REPORTS

Skateboarders thrive in Havana

Subculture. Sport was imported to Cuba about three decades ago by the children of diplomats and other Cubans sent on foreign missions

Some call Che Pando the godfather of Havana's skateboarding scene, and the 40-year-old tattoo artist can still recall how tough things were in the 1980s when he and a handful of other pioneers first started shredding in public squares.

Interest in such an American import marked the young skaters as socially suspicious, and sometimes for rough treatment or arrest by police, though their experiences were perhaps not that different from confrontations between U.S. skaters and authorities.

"It was difficult because we were misunderstood by most people," added Pando. "They used to kick us out everywhere."

Attitudes have largely done a 180 ollie and today a small but thriving urban group of pierced youths prowls Havana's streets, looking to have fun and, just maybe, land the perfect trick.

Familiarity has come through high-profile visits by professional skateboarders and brands such as Red Bull; a brief partnership with a local cigarette company that helped build a skate ramp; and a series of semi-sanctioned or tolerated trick competitions. A program documenting skaters' lives even aired on state television, the official arbiter of all things acceptable. THE ASSOCIATED PRESS

Expensive hobby

Roadblocks

In this communist-run country where government salaries average around $20 a month, few can afford skateboards that can cost north of $100. There's not a single store here that sells boards or supplies. "You could have a skate shop here but it would be like a museum," said American Miles Jackson. "You can look, but nobody can buy anything." Jackson is co-founder of Cuba Skate, one of a handful of non-profits that imports donated equipment for skaters.

Yojany Perez, 23, competes at a skateboarding event at the Ciudad Deportiva sporting complex in Havana on July 25. There's no formal organization or leadership. Skaters meet casually at homes before skating off in a pack to whatever park, plaza, fountain or monument offers challenging features like ramps, steps, benches or holes. FRANKLIN REYES/THE ASSOCIATED PRESS

Blob of fat, waste discovered in English sewer

This image shows part of a 15-tonne lump of fat and other debris the size of a bus coagulated in a sewer in London. THAMES WATER/THE ASSOCIATED PRESS

It may look like an iceberg, but there's nothing cool about it.

Utility company Thames Water in London says it has discovered what it calls the biggest "fatberg" ever recorded in Britain — a 15-tonne blob of congealed fat and baby wipes lodged in a sewer drain.

That's enough "wrongly flushed festering food fat mixed with wet wipes" to fill a double-decker bus such as the famous London Routemaster, the company said.

Thames Water deals with fatbergs all the time, thanks to the widespread use of household oil and food fat. But few reach the mammoth size of the one found under a road in the suburb of Kingston.

But with 108,000 kilometres of sewer pipes to monitor, and fatbergs forming around even a few wipes that catch on to a corner or a wall, Thames Water says it must be constantly vigilant.

This blockage — built up over an estimated six months — was discovered after residents in nearby apartment buildings were unable to flush their toilets.

Examination found that the mound of fat had reduced the 70-centimetre-by-48-centimetre sewer to just five per cent of its normal capacity. It damaged the sewers so badly that it will take six weeks to repair them.

The company said Tuesday that it was sharing news of the massive lard lump in the hope that customers will think twice about what they dump down the drain. It also released video footage of the fatberg, filmed by a remote vehicle gliding through the sewer like an underground amusement-park ride.

The company says untreated fatbergs cause flooding and backups.

"It's very lucky we caught this one," said Craig Rance, a spokesman for Thames Water.

Mind the fat.

THE ASSOCIATED PRESS

Far from perfect

Children's Place sorry for selling sexist T-shirt

The Children's Place has stopped selling a T-shirt that sparked complaints of sexism.

The girls' shirts said "My best subjects" at the top and had checks in boxes next to shopping, music and dancing. The box next to math was blank. Under, it said, "Well, nobody's perfect."

The retailer tweeted Monday that it was pulling the shirt from stores and apologized "to anyone we may have offended."

In recent days, the company's Facebook page was swamped with criticism of the shirt, saying it perpetuated a harmful stereotype that girls are bad at math. THE ASSOCIATED PRESS

Europe on hold

Canada eyes trade with Asia

With European trade talks in hiatus if not limbo, Canada's trade minister is turning his attention to market-liberalizing opportunities in Asia this month.

Trade Minister Ed Fast will be travelling to Brunei on Aug. 21 for a meeting with counterparts of the Association of Southeast Asian Nations, piggy-backing that event with a ministerial meeting of the Trans-Pacific Partnership on Aug. 22-30.

The announcement of a TPP ministerial meeting one month earlier than planned in Brunei ends rumours that Vancouver would host the next round, but also heightened speculation that the 12-country group was close to completing the technical work. THE CANADIAN PRESS

Russia

High court cuts prison term for oil tycoon, partner

Russia's highest court on Tuesday reduced by two months the 11-year prison terms for former oil tycoon Mikhail Khodorkovsky and his business partner, who had asked the court to overturn their verdicts and release them immediately.

The ruling means that Khodorkovsky, once Russia's richest man, is set to be released next August, and his partner Platon Lebedev would be set free next May. Their lawyers said they would appeal the ruling, which upheld the verdict. The pair were convicted of evading taxes in a case widely seen as President Vladimir Putin's revenge for a challenge to his power. THE ASSOCIATED PRESS

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Smart toilets a stinky idea?

There's an app for even that. Expert says new porcelain throne, which can be controlled remotely, is overflowing with bad and unsafe features

KATHRYN GILBERT
Metro World News

Flush it! The remotely controlled Satis toilet brings technology, and possible privacy concerns, into the loo. METRO WORLD NEWS

During technology security firm Trustwave's Home Invasion 2.0 presentation, a startling revelation was made: Using a smart toilet isn't all that safe. The remotely controlled Satis toilet can be operated by anyone with the complementary app, meaning it's ripe for mischief-making. Metro spoke to managing consultant Dan Crowley, who discovered the breach, about the toilet.

Let's discuss the toilet for a minute — have you actually heard of anyone hacking it?
It's funny you say that, as I went to this party after the presentation and I met a guy there who was very excited to see me. The toilets at this Las Vegas hotel were smart ones, and people were stealing all the water from them!

But do you think anyone would actually do any real harm with the hack?
Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health. That's where it could be serious. I don't want to overblow it, though.

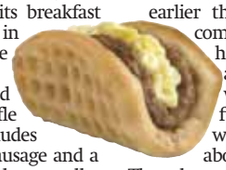
Focus on first class. JetBlue cuts legroom, in coach only

JetBlue Airways will cut one inch of legroom from its coach seats on transcontinental flights to make room for a new first-class cabin that will feature lie-flat beds.

The New York-based airline unveiled plans Monday for its first premium service on flights between New York and Los Angeles and San Francisco. It's part of a larger effort by the carrier to attract business travellers, who pay more for last-minute flights.

The new seats will debut on Airbus A321 planes in the second quarter of 2014. The planes will have 16 seats in the front cabin and 143 in the back. JetBlue planes currently have 34 inches from one row of coach seats to the next. That will shrink to 33 inches in the new configuration, said a spokeswoman. THE ASSOCIATED PRESS

Think outside the cereal bowl. Taco Bell expanding test of waffle tacos in U.S.



Taco Bell says it's expanding its small test of waffle tacos, as it prepares to take its breakfast menu national in the U.S. sometime next year.

The fast-food chain says the waffle taco, which includes scrambled eggs, sausage and a side of syrup, was the top seller during breakfast hours at the five Southern California restaurants where they were tested earlier this year. Now the company wants to see how it would fare on a bigger scale; the waffle tacos and a full breakfast menu will be expanded to about 100 restaurants Thursday.
THE ASSOCIATED PRESS

Espresso and prostitutes

Accused owner of drive-thru brothels sues cops for cash

A woman accused of using her espresso stands as drive-thru brothels is suing the city of Everett, Wash., to recover $250,000 she says was wrongfully seized. She was arrested in June and accused of promoting prostitution, but she has not been charged. The cash was seized in a search of her home. THE ASSOCIATED PRESS

Market Minute

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MORE MONEY THAN ... WELL, ME

JUST SAYIN'

Paul Sullivan
metronews.ca

What fun it must be to be a multibillionaire!

You can pretty much buy anything or do anything you want.

Consider Jeff Bezos, the founder of Amazon.com, net worth $25.2 billion US and the world's 19th-richest person. He just bought the Washington Post, one of America's most respected newspapers, for $250 million US out of his own pocket.

That's not quite as much as the Qatar royal family paid for Paul Cézanne's The Card Players: $259 million for the painting, one of five in a series, immediately making it the highest price ever paid for a work of art. For the rest of us punters, there's one in the Musée d'Orsay in Paris that looks just like it, and it costs only nine euros to get in. Look, but don't touch. If so inclined, the Qatar royal family can smear their Cézanne with ketchup.

Speaking of ketchup, billionaires are not only interested in buying interesting stuff — they also like to make interesting stuff. Just the other day, Sergey Brin, one of the Google billionaires and the world's 21st-richest person, funded the creation of a test-tube hamburger. An ordinary person would hit the drive-thru, but when you're a billionaire you can get them to whip up magic meat in the lab that tastes almost like the real thing, and no animals were harmed in the making of this burger. I wonder how much it would cost to create real bacon from scratch?

When ordinary people plan a surprise birthday party, it's a big deal if they rent a clown. When Lululemon founder Chip Wilson threw a surprise birthday party for his wife over the weekend, he rented the Red Hot Chili Peppers. He's only the world's 490th-richest person, but you can't buy that kind of cool, can you? What am I saying? Of course you can!

Of course, some billionaires prefer to continue to squander their wealth on conventional toys. Russian oligarch Roman Abramovich, the world's 107th-richest person, bought a yacht called the Eclipse for (once it's all outfitted) a rumoured $1.5 billion. Hard to believe, but at 162.5 metres, it's only the world's second-longest privately owned yacht. The longest is the Azzam, rumoured to be owned by powerful Saudi billionaire Al-Waleed bin Talal, the world's 26th-richest person.

Both the Eclipse and the Azzam are monuments to excess (or is that excessive monuments?). The Azzam is longer than a British Type 45 destroyer. The Eclipse has not one but two helicopter pads, carries a mini-sub on board and requires a crew of 70 to operate it.

Not every billionaire is so conspicuously consumptive. Speaking of ketchup (again), Warren Buffett, the world's fourth-richest man, just bought ketchup-maker Heinz for $23.2 billion. Even though Buffett is the richest man in America, he still lives in the same house in Omaha he bought in 1958 for $31,500.

Oh, and thanks to Bezos and his most recent purchase, Buffett's shares in the newspaper's parent company have increased in value 9,000 per cent.

Some multibillionaires just like to collect ... more money.

ZOOM

That steam engine is so crochet

SLAWEK FIJALKOWSKI

Artist crochets entire locomotive

The daily commute would be a cosy prospect if all trains looked like this. Textile artist Olek (a.k.a. Agata Oleksiak) has completed her largest piece ever, a Px48 steam locomotive and carriages covered in crochet. The Polish-born artist worked around the clock for two days in Łódź, Poland, to cover the train in yarn.

METRO WORLD NEWS

Q and A

It's old and new

OLEK
Artist, 35, born in Poland

What does it represent?

For me, it stands for my home nation of Poland. People here want change and to see new things. But we still have an older generation with an old-fashioned mentality.

Clickbait

LUKE SIMCOE
Metro Online

Unlike Facebook, Twitter doesn't require that you register with your real name. The nod to the kind of fluid identity that characterized earlier social networks has given rise to a plethora of parody accounts, ranging from brilliant satire to crude portrayals of Twitter's better-known users. Here are just a few that caught Metro's eye.

@PippaTips

A send-up of Pippa Middleton's much-derided Celebrate party-planning book, this parody account of Kate's lesser-known sister offers helpful advice like "headache tablets can be great in helping deal with a headache." Rumour has it that Pippa is considering legal action to have the account taken down.

@feministtswift

Taylor Swift's troubles with boys have been highly publicized, but this parody account sheds light on the Red singer's struggle against patriarchy, mashing her lyrics together with insights about sexism and social justice. Let's just say it puts the gender in Trouble.

@TOMayorFrod

Politicians have always been ripe targets for satire, and who better to skewer than embattled Toronto Mayor Rob Ford. As Mayor Frod's subtle name change suggests, the account walks a fine line between parody and truth and has more than once been mistaken for the real deal.

DARRON CUMMINGS / THE ASSOCIATED PRESS

Twitter

@metropicks asked: A town is shocked after a python killed two boys. Should Canada ban exotic pets? Which ones?

@jasminshirazi: I thought there already was a ban on dangerous/exotic pets?! This is so sad, and the lack of a ban is ridiculous.

@EilishMcL: like registered day homes, food and health inspectors; regulate & inspect housed exotic animals regularly & sporadically.

@BatestonBeauty: Unfortunately, you can't ban accidents.

@HulaNova: YES! All of them. They are not domestic creatures and they belong in the wild!

@matdey1980: Canada, land of cats and dogs only! You might want to double check the full list of exotic pets

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SCENE 2

Movie review

We're the Millers

Director. Rawson Marshall Thurber

Stars. Jennifer Aniston, Jason Sudeikis

Ex-SNLer Jason Sudeikis plays Dave, a low-level drug dealer who agrees to smuggle an RV load of marijuana from Mexico to the United States to settle a debt. To cover his tracks, he recruits a stripper (Jennifer Aniston), a homeless street punk (Emma Roberts) and a neighbour (Will Poulter) to pose as his family. We're the Millers takes a good idea, mixes in some outrageous performances but spoils the promise of the premise with the last 20 minutes. **RICHARD CROUSE**

Movie review

Percy Jackson: Sea of Monsters

Director: Thor Freudenthal

Stars. Logan Lerman, Brandon T. Jackson, Stanley Tucci

Percy Jackson is feeling the sophomore slump. He saved the world once, but what if that's all he had in him? But a quest to find the fabled golden fleece and save his fellow demi-gods at Camp Half-Blood gives Percy a chance to prove his mettle. It doesn't match the mid-level heights of the original, but part two should satisfy established fans. **IAN GORMELY**

Matt's just taking the boot off his neck

Interview. Damon talks about everything from unreal body images to his value system that has him going against his own best interests

NED EHRBAR
Metro World News in Hollywood

When Matt Damon saw himself onscreen in Elysium — after months and months of diet and four-hour gym sessions to get him into to sci-fi action hero shape — all he could do was laugh.

"It just looked ridiculous to me," he says. "It's so indulgent, but it's part of the magic trick. I understood why (director Neill Blomkamp) needed me to look like that for that to establish the character. He didn't want any fat on me because he said, 'I want you to look almost Haitian, like you're incredibly fit but you've been working so hard and perhaps you've missed some meals.'"

While it worked for the film, Damon was happy to let the workout regimen lapse.

New looks

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight)."

Matt Damon
On what he looks like in different roles

Matt Damon stars in Elysium, which opens in theatres this weekend. CONTRIBUTED

"It's just not a natural way for somebody to look. These people who look that way are either genetic freaks or they're just living in a gym," he says.

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight) on The Informant! I think she just likes variety."

While he might not find it easy to relate to the look of his character, Max — an ex-con factory worker taking on the rich and powerful on their satellite sanctuary, Elysium, which is orbiting the ravaged slum Earth has become — he can at least understand him emotionally and intellectually.

"He's doing the best he can in a world that's getting increasingly difficult to live in," Damon says. "I think a lot of people can relate to that in this kind of prolonged economic downturn where it feels like the world keeps putting its boot on your neck a little more forcefully every day."

Speaking of the current state of the world, Damon has never been one to shy away from addressing political issues, and Elysium offers him a great chance to talk immigration, one of the major themes in the film.

"Look, it's a nation of immigrants and I'm from a family of immigrants, so yeah, clearly they're going to have to figure that one out," he says.

"But the politicians don't talk about it at all. They just see it as an issue where with the polling on it, they're just confused on which way to go. So the Republicans just send out Marco Rubio to speak Spanish to everybody."

Not to suggest, though, that Damon thinks he has all the answers.

"I don't have a comprehensive immigration plan, no. But I can work on it," he says.

As for relating to the have-nots, like his character in the film? "F— them," Damon offers with a laugh.

"No, at least in my case I think the values that I have are consistent with the values I was raised with. I vote against my own self-interests constantly. I campaign against my own self-interests. If you're born with a silver spoon in your mouth, you're probably more likely to be the Koch brothers and think that you shouldn't pay taxes on things. I think it's just a question of where you come from."

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DID YOU KNOW?
FACT:
Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower[1] and smartphone monthly plans are actually less expensive in Canada than in the United States.[2]
Source:
(1) Wall Communications Report, prepared for CRTC, July 2013.
(2) Scotiabank, March 7, 2013
CANADA A WORLD LEADER IN WIRELESS
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Canadian Wireless Telecommunications Association
Association canadienne des télécommunications sans fil
acts

Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan being very careful at crafting post-rehab image

Lindsay Lohan is looking to turn over a new leaf post-rehab, and she's doing it in New York City. The troubled actress has reportedly been apartment hunting in SoHo, according to E! News.

"The goal is to have her sober coach live with her full-time," a source says.

Her L.A.-based sober living coach — described by sources as "really fun" but "very strict" — would have to relocate to stay with his high-profile client.

The two were intending to head off on a European vacation this week, but those plans have been postponed.

"(Lohan) doesn't think it is the right thing to do," the source explains. "She is being very smart about all this."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Usher's son nearly died in swimming accident

THE WORD
Dorothy Robinson
scene@metronews.ca

Sad news today from Atlanta: Usher Raymond V, Usher's oldest son with ex-wife, Tameka Raymond, is in the ICU due to almost drowning in the singer's pool.

According to TMZ, the five-year-old dove into their pool to fish a toy caught in the drain, trapping his hand underwater.

His aunt immediately dove in but couldn't pull him out. A maid also dove in. Finally, two men working on the house were able to pull him free and give him CPR. Usher, who was not home at the time of the accident, was able to return home in time to ride in the ambulance with his son to the hospital.

This is the last thing the Raymond family needs. Tameka's oldest son, Kile, from a previous relationship, died last year from a jet ski accident.

Johnny Depp

If a movie flops in the forest and no one saw it, does anyone care?

Johnny Depp has a theory of his own as to why The Lone Ranger fizzled at the box office: It's the critics' fault.

"I think the reviews were written seven to eight months before we released the film," Depp tells Variety.

"I think the reviews were written when they heard (director) Gore (Verbinski) and (producer) Jerry (Bruckheimer) and me were going to do The Lone Ranger. They had expectations that it must be a blockbuster. I didn't have any expectations of that. I never do."

Distribution Assistant (part time)

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All submissions will be treated as confidential.

metro

Ski-phobe guide to Banff and Jasper

With ample powder coating runs and majestic snow-capped mountains in the periphery at every turn, powder hounds and ski bunnies flock to Alberta's vaunted National Parks. But you don't have to be into the white stuff to enjoy these Parks Canada jewels.

STORY AND PHOTOS MIKE DOJC
life@metronews.ca

Get up close and personal with a glacier

Sipping from a 400-year-old natural snow cone at the Columbia Icefield's Athabasca Glacier, one of the largest hydrological wonders south of the Arctic Circle, I feel more refreshed than every athlete in every Gatorade commercial ever made.

Journeying along the spectacular Icefields Parkway (a.k.a Highway 93 north) to the borderline of Banff and Jasper National Parks, get ready to step back in time and experience a glimpse of the last ice age when woolly mammoths stomped along the frozen tundra. Tours aboard massive 30-tonne Brewster Ice Explorers (think tricked out Greyhounds with monster truck tires) depart every 15 to 30 minutes from the Columbia Icefield Discovery Centre.

It's an 80-minute adventure and you'll spend a good chunk of that time roaming the icy expanse. While you can cup your hands to imbibe the glacier fresh melt-water, it's best to tote along your own canteen or flask to spare your fingers from turning blue.

Float along the Bow or Athabasca River

While experienced rafters might prefer to paddle, camera-clutching sightseers will likely opt for a float trip, the sweat free alternative. It is as relaxing as a Venetian gondola ride only with the added thrill of the occasional chilly splash of shimmering glacial-silt-laden waters. During my guided float down the Atha-B (as the cool kids call it), the guide jokes that if we take a spill into the cold stuff we better take someone overboard along with us because he only bothers rescuing two or more. While the ride down this Canadian Heritage river is as tame as a kiddy roller coaster, the scenery is eye-popping spectacular and it's easy to imagine that traversing this waterway must have been the biggest perk of being a fur trader back in the day.

Skimming the river, the wild Rocky Mountain landscape unfolds with a cinematic effect. You can't help but gawk at the spruce tree flecked shoreline and mountains so beguiling they appear to be cribbed from the Paramount Pictures logo. The sheer beauty of the wild Rocky Mountain landscape comes alive from a river vantage.

Banff Springs Golf Club cart tour

You don't have to be the least bit curious about the type of grass used on the putting greens to appreciate this Stanley Thompson masterpiece. On the $25 cart tour you'll drive around the iconic Canadian track scoping out the rocky face of Mount Rundle and the tree covered slopes of Sulphur Mountain while your guide regales you with lore. Devil's Cauldron is a be-still-your-beating-heart-and-break-out-the-easel flagstick surrounded by sheer natural splendor. Featuring a glacial lake and rugged mountain backdrop, the spellbinding par-3 was shortlisted by Golf Magazine as one of the top 18 holes in the world. Another highlight is the horseshoe-shaped bunker on a hole known as The Goat, a sly wink by the designer telling golfers who have the misfortune of being forced to shoot over it, "Good luck." After taking in the sites, even novices will be itching to book a tee time. For experienced golfers looking for a challenge, the area is replete with top notch mountain courses including Jasper Park Lodge, Stewart Creek, and the Canmore Golf & Curling Club, to name a few. Canadianrockiesgolf.ca can set you up for a package deal.

Food

Good eats on the streets

ON THE MOVE
Loren Christie
life@metronews.ca

New bylaws and health regulations governing the sale of street food in cities from Calgary to Montreal have made food trucks this summer's hottest dining trend. Celebrity chef Michael P. Clive recently shared his insights on this unique culinary experience.

Why do you think food trucks have become so popular?
It's TV. No one talked about food trucks before food shows started plugging them. A handful of people who thought food trucks were cool zoomed in on them.

So why have they remained popular?
Food trucks offer a 20 to 25 minute fun meal experience, not the one hour investment plus that a restaurant requires. And on a sunny day, people want to eat outside. People like to stand around, mill about, talking about their food. People like the diversity of food that's being offering in these food trucks.

Do you eat off food trucks when you travel?
If it's clean. I want to see what the chefs are strutting. I am intrigued with the low overhead (costs of the food truck). I want to see if they are putting more into the food.

How do you know if it's clean? If it's safe to eat there?
First of all if they are on the street you have to believe they are abiding by bylaws and regulations. But take your own eyeballs and have a look at cleanliness. I look for a place that is clean, polished and organized. Do they have a theme worked out with their decor? If they care about the overall appearance, that's a good sign.

Most major cities in Canada are on the food truck bandwagon. ISTOCK

Want a room less ordinary? Try California's Madonna Inn

A little whimsy. With its wild-theme rooms and off-the-wall decor, this isn't your run-of-the-mill motor inn

MICHELLE CASTILLO
Metro World News in New York

If you're ever in San Luis Obispo, Calif., you might want to spend a night at the Madonna Inn.

Each of the motel's rooms features a different theme, so there's something to cater to every whimsical desire.

You can go on an adventure in the "Safari Room," have a romantic getaway in "Hearts & Flowers" or even travel to the past in the "Old World Suite."

We talked to Clint Pearce, the president of Madonna Enterprises, to get the scoop behind the hotel.

What's the story behind all the themed rooms at the Madonna Inn?
When the Inn was envisioned in the late '50s, Alex and Phyllis Madonna wanted an experience you couldn't find anywhere else.

They thought it would be fun to make every room different as if each were a unique experience, and wanted to differentiate their Inn from other motor lodges where every room was identical.

Mr. Madonna used to joke that he was worried about making a mistake with the rooms, so if he made each one different at least he couldn't make the same mistake twice.

Exactly how many rooms are there and how many themes?
We have 110 guest rooms, and each is different so I suppose there are 110 themes.

That being said, there are common themes such as old west, nautical, etc., but within the common themes the rooms are vastly different.

What's the most popular room?
The most popular room has always been the "Caveman Room." It started as the Flintstone room but the folks at Hanna-Barbera were protective of that name so it was quickly renamed to Caveman.

Have any famous people stayed at the Madonna Inn? What rooms did they stay in?
Wow, we've had so many celebrity guests throughout the years it's hard to spotlight one.

We also like to keep our guests confidential.

But here it goes: Somewhat recently we had a big name actor stay in "Pick and Shovel" and had a very big time.

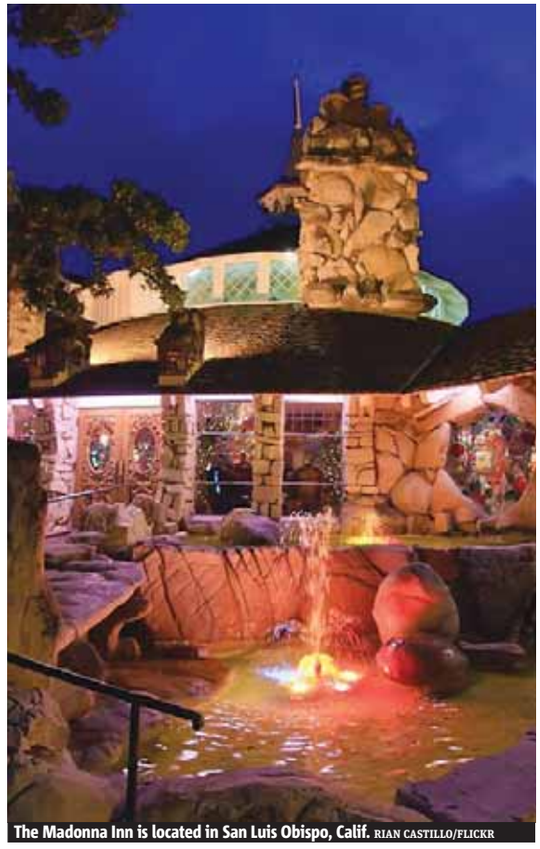
To our housekeepers' surprise, he was usually naked during his stay. He even had unusual requests of concierge, all PG-rated thankfully.

We also had the Playboy Playmates stay with us in the "Love Nest" room. They even filmed part of their reality show on property.

In your opinion, what is the strangest room?
I would say it's "What's Left."

This is actually a room of the bits and pieces of what was left after building all the other rooms.

Do you have any plans to add new rooms or introduce new themes?
Not at this time but you never know what the future holds.



The Madonna Inn is located in San Luis Obispo, Calif. RIAN CASTILLO/FLICKR

Hilton Waikoloa Village, Hawaii

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Keep it classic with roasted chicken

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

There's nothing like a wonderfully well cooked roasted chicken. To keep it moist, I like to stuff it with a grain like this orange dried apricot couscous and a velvety apricot glaze.

1. Preheat oven to 400 F spray a roasting pan with vegetable oil.

2. Apricot glaze: Combine all ingredients until well mixed.

3. Bring chicken stock to boil in saucepan; stir in couscous, cover and remove from heat. Let stand 5 minutes; fluff with a fork. Add 3 tbsp apricot glaze, snow peas, carrots and apricots.

4. Loosely stuff chicken with some of the couscous. Place in roasting pan. Put remaining couscous stuffing in a casserole dish and cover. Set aside.

5. Brush whole chicken with some oil, salt and pepper and 2 tbsp of the apricot glaze. Bake for 1 hour, or until juices run clear when leg is pierced at thickest point or when temperature reaches 160 degrees F.

6. Put casserole with stuffing in oven for last 30 minutes of roasting time. Let chicken rest for 10 minutes before carving. Serve chicken with couscous and remaining glaze. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 3 lb roasting chicken

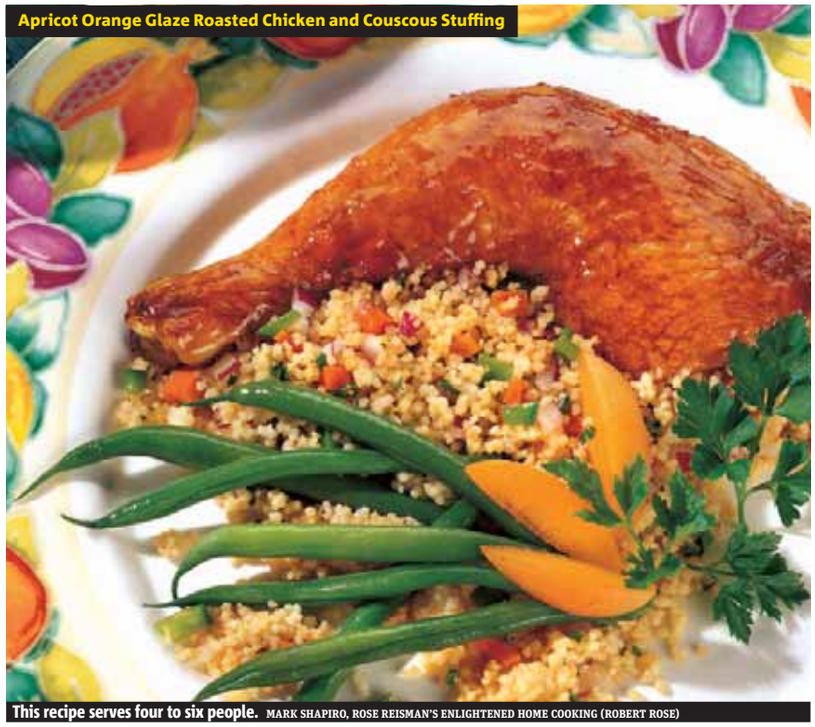
Apricot Glaze

- 3/4 cup apricot or peach jam
- 1/2 cup chicken stock
- 3 tbsp orange juice concentrate, thawed
- 1 tbsp soya sauce
- 1 tsp minced garlic
- 1 tsp minced ginger root

Couscous Stuffing

- 1 cup chicken stock
- 1 cup couscous
- 1 cup finely chopped snow peas
- 1/2 cup each finely chopped carrots and dried apricots

Apricot Orange Glaze Roasted Chicken and Couscous Stuffing



This recipe serves four to six people. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Drink of the Week

Hennessy Sweet Tea

Try this rich, new take on a classic way to cool down.

- 1.5 oz Hennessy V.S
- 0.5 oz Grand Marnier
- 2 oz unsweetened cold tea
- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

Add all liquids into a shaker tin with ice and shake until well chilled. Strain into a Collins glass over fresh ice and garnish with an orange twist.
RECIPE AND PHOTO COURTESY OF HENNESSY

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One, two, three o'clock, four o'clock, stop: How to lessen late-afternoon lethargy

Asleep on the job?
There are plenty of ways to avoid getting tired toward the end of your work day

ROSIE HALES
TalentEgg.ca

These eyes are hurting! These eyes have seen a lot of work but they're never going to get a break unless you prioritize your personal health! ISTOCK

It's ironic that your energy drops most noticeably when you're at work, exactly when you need to be alert and focused. Fortunately, there are a few handy strategies that you can use to keep yourself from hitting a wall in the middle of the day.

Watch what you're snacking on

Cookies, chips, doughnuts, basically anything that is satisfying a sugar or carb craving is also going to give you a big sugar hangover later in the day.

If you want to fight off hunger, then high-protein foods are the key to staying awake and alert until you get home.

Snack on things like fruit, veggies, hummus, cheese and keep processed and sugary foods for the weekend, when you can indulge and then enjoy the nap that will inevitably follow.

Supplementing an already healthy diet with vitamins such as vitamin B and iron can also help keep you awake throughout the day.

Hydrate

If you find that hunger is making you crave the sweet stuff then try drinking instead of eating. No coffee or soda, just water. Good old H20 can be a good way of a) waking you up and b) filling you up. Research shows that if your body has just two per cent less water than it needs then you'll feel fatigued.

Take a break

Not taking a sufficient break at lunch time can also mean a bigger crash in the afternoon.

If you're constantly working at a computer then the screen can exhaust your eyes, making you feel more tired than you actually are. Giving your eyes a 20 second break from your computer screen every 20 minutes is a good rule of thumb. Also, make good use of your lunch hour. If the weather is good eat your lunch outside or go for a walk or a run. It's a great chance to clear your head and get some exercise in if you can.

Check out your sleep habits

If you're following these tips already and you're still hitting the wall then ask yourself, are you getting enough sleep? The average person needs anywhere between Seven and 10 hours of sleep a night. If you're cutting corners here, it may be time to stop. Count how many hours you're getting each night and decide if you maybe need to rethink your sleep schedule.

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Let's get physical!

Get your blood pumping

- Offer to do a coffee run for the office, run up and down the stairs a few times, do some simple stretches — any of these will get your blood pumping and refresh you enough for the rest of the day.
- The increased circulation will help you regain some of the energy you've lost already and it never hurts to give your eyes that extra break from the screen.

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Rogers Cup

Teen tennis star aces 1st-round test

Eugenie Bouchard is being given her share of the spotlight at the Rogers Cup in Toronto. On Tuesday night, she showed that she's ready.

Eugenie Bouchard
THE CANADIAN PRESS

The 19-year-old from Montreal was in fine form for her first-round singles match, posting a tidy 6-3, 6-1 win over Alisa Kleybanova. Bouchard mixed up her effective ground strokes with some slick cut shots that left her Russian opponent stymied.

Bouchard is scheduled to meet defending champion and No. 6 seed Petra Kvitova on Wednesday.

THE CANADIAN PRESS

Canada Summer Games

Armed man forces evacuation of athletes: Police

More than 40 athletes were evacuated from a Quebec university residence at the Canada Summer Games on Tuesday after police were called to a domestic disturbance at a house across the street.

"According to the initial information obtained, an armed man was in a house on Winder Street," said Martin Carrier, spokesperson for the Sherbrooke police.

"Due to the proximity of residences housing Canada Games athletes, an evacuation order was called."

THE CANADIAN PRESS

Milos Raonic serves during his first-round win over Jeremy Chardy at the Rogers Cup on Tuesday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Canadian tennis wins mark a leap forward

Rogers Cup. Four more Canucks join Ottawa's Jesse Levine in second round of star-studded men's event

Up-and-coming Canuck

"It's definitely the best feeling I've had in a while. It's such a big win for me."

19-year-old Vancouver native Filip Peliwo, who beat Finland's Jarkko Nieminen at the Rogers Cup

It was a record day for Canada at the men's Rogers Cup.

Milos Raonic, Filip Peliwo, Frank Dancevic and Vasek Pospisil all pulled off three-set victories Tuesday to advance to the second round in Montreal.

With Jesse Levine's win on Monday, it put five Canadians into the second round — one more than made it that far in 1992.

"It's amazing," said Dancevic, a Niagara Falls, Ont., native who downed Lu Yen-Hsun of Taiwan 5-7, 7-6 (6), 6-1. "Pretty much everyone you play here is at a high level, ranked in the top 50, so to have four guys through the first round shows a lot about how far Canadian tennis has come along."

It was a first win in an ATP event this year for Dancevic.

In the feature evening match on centre court of the $3.49-million US tournament, the 13th-seeded Raonic, of Thornhill, Ont., used his booming serve to overcome an otherwise so-so outing to defeat France's Jeremy Chardy 6-3, 4-6, 7-5 in his first-round match.

Raonic said he felt no added pressure to keep the Canadian winning streak going.

"I'm very proud and happy for the guys that have been winning," he said. "But it doesn't affect myself personally.

"It's great to have this kind of good results, but I've got to take care of my business for myself."

The Canadian men had already reached a milestone this year when they defeated Italy to reach the Davis Cup semi-finals for the first time.

THE CANADIAN PRESS

Sochi Olympics. Canada's Wickenheiser slams Russia's anti-gay laws

Canadian women's hockey team captain Hayley Wickenheiser has added her voice to athletes' criticism of Russia's anti-gay laws heading into the 2014 Winter Olympics in Sochi, Russia.

With the Games less than half a year away, attention has turned to a new Russian law signed by President Vladimir Putin that imposes fines on people who spread "propaganda of non-traditional sexual relations" to minors and proposes penalties for those who express these views online or in the news media.

Foreign citizens arrested under the law can be jailed for 15 days and then deported.

Canadian hockey legend Hayley Wickenheiser. THE CANADIAN PRESS

Wickenheiser, of Shaunavon, Sask., will be a six-time Olympian in Sochi.

"I think most athletes in the free world think it's wrong what Russia has done," Wickenheiser said Tuesday in Calgary. "The Olympics is really one of the only places in the world where people should be free to get along and perform in harmony.

"It's about acceptance, so it kind of goes against everything that the Olympics are about. It doesn't make a lot of sense to me."

Canadian athletes are participating in pride festivals this summer with the backing of the Canadian Olympic Committee.

COC president Marcel Aubut has said the athletes' participation symbolizes that sport should be open to all regardless of race, religion, creed or sexual orientation.

Alpine skier and 2010 Olympian Mike Janyk and two-time Olympian snowboarder Mercedes Nicoll marched Sunday in Vancouver's Pride Parade. Several Olympians participated in Toronto's Pride Parade on June 30.

"It makes me feel proud to be a Canadian, to live in a country that strives for equality, whether it's race, religion or sexual orientation," Wickenheiser said. THE CANADIAN PRESS

4 SPORTS

Plenty PED issues to resolve

Five things to know about the 13 suspensions issued by Major League Baseball on Monday in the Biogenesis drug case

THE ASSOCIATED PRESS
Photos by Getty Images

Yer out!

Four all-stars were penalized — Alex Rodriguez, Nelson Cruz, Jhonny Peralta and Everth Cabrera — and that could affect the pennant races. If their teams make the playoffs, those clubs will decide whether to welcome them back for the post-season. Last October, the eventual champion San Francisco Giants blocked current Blue Jay Melky Cabrera after his ban ended.

The last PED-Day?

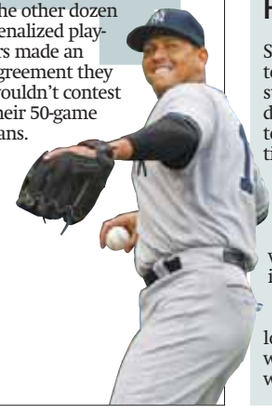
Doubtful. Barry Bonds and Roger Clemens wound up in federal court, Mark McGwire cost himself the Hall of Fame and still more major leaguers tried to cheat with PEDs. "If we want to get this game cleaned up the way it's supposed to be, if you get caught one time it's just you're done. I think that's the only way it'll ever get completely clean," Atlanta's Dan Uggla said.

The records count

All stats compiled by penalized players stand. This isn't the Olympics, where failed tests can cost athletes their medals. That kind of bugs some guys, too. Washington reliever Tyler Clippard still thinks about a home run he gave up last year to Jordany Valdespin, pictured, one of the suspended 13. "You're like, those guys are doing stuff that's affecting my career," he said. "It leaves a sour taste in your mouth."

It ain't over

A scandal that hovered over baseball all season could linger into winter. Suspended through 2014, Rodriguez is set to appeal and can play until an arbitrator rules. That isn't likely until November or December. The other dozen penalized players made an agreement they wouldn't contest their 50-game bans.



For the future

San Diego's Cabrera admitted he took a banned substance last year, then broke down while apologizing to teammates, the organization and fans. From Nicaragua, he spoke in Spanish and delivered a warning to fellow Latin Americans. "To all the players who leave so much behind in their countries, who come to this country and you're ignorant about a lot of things, be careful with who you associate with," he said.

MLB

A-Rod's return a victory for YES in Yankees' loss

Alex Rodriguez's return had an immediate impact for the New York Yankees — on the team's television network.

A-Rod's first major league game since October drew the YES Network's highest rating this year for a Yankees game, even though New York lost 8-1 at the Chicago White Sox on Monday night.

YES said the game had a 4.34 rating and averaged 393,000 viewers. The previous high was 4.16 rating for a 2-1 loss to the Mets on May 27.

The most viewers were around at the time of his first at-bat, drawing an 8.22 rating and 756,000 pairs of eyes.

Earlier Monday, Rodriguez was given a 211-game suspension through the 2014 season for violations of its drug agreement and labour contract. THE ASSOCIATED PRESS

MLB

Jays' Happ set to return from injuries in Seattle

After three months out of the Toronto Blue Jays rotation, J.A. Happ is ready to make his return.

Happ spoke Tuesday before Toronto's game against Seattle. He'll make his first start for the Blue Jays since May 7 on Wednesday when Toronto closes out a three-game series against Seattle.

"I'm still frustrated and I still wanted to obviously be back sooner. I am happy about the way I feel now and I am happy to finally be here after all that because ... rehab's never fun; this kind of stuff wasn't fun," Happ said. "Like I said before, makes it worth all that, worth it now being back here and to get out there tomorrow."

Happ suffered a skull fracture and a sprained right knee when he fell to the ground in pain after being struck behind the left ear by a liner off the bat of Tampa Bay's Desmond Jennings on May 7. Happ left the field on the stretcher and spent the night in hospital.

THE ASSOCIATED PRESS

Golf. British Open victory leaves Lefty with new perspective on career

Phil Mickelson looks at himself differently these days.

Sure, there's a bit of uncertainty in the grogginess of morning, when he wakes up wondering if that claret jug really belongs to him for a whole year.

Then — yep — there it is, his name engraved on the British Open's silver chalice.

For Lefty, it's all gravy from this point on.

He feels complete.

"The British Open really changed some of my perception of myself as a player," Mickelson said Tuesday after a practice round at Oak Hill for the final major of the year, the PGA Championship. "Had I won another green jacket, that would not have done the same thing as what winning the claret jug has done."

Mickelson is a little over two weeks removed from one of the greatest closing rounds in major championship history, a 5-under 66 at rock-hard Muirfield to claim golf's oldest crown.

It was the leg of the career Grand Slam that always figured to elude him. His game was built for the target golf played in America, complete with an array of soaring drives and wondrous wedges.

Phil Mickelson tees off on a practice hole at the PGA championship at Oak Hill Country Club on Tuesday in Rochester, N.Y. GETTY IMAGES

"In my mind, it is an accomplishment in my career that makes me more of a complete player," he said. "To finally have won that and break through and play some of my best golf ever in my final round, that kind of changes the way I view myself and my game, more so than just a major championship that I had already won."

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	68	46	.596	—
Tampa Bay	66	45	.595	½
Baltimore	61	51	.545	6
New York	57	54	.514	9½
Toronto	52	60	.464	15

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	65	45	.591	—
Cleveland	62	50	.554	4
Kansas City	57	52	.523	7½
Minnesota	48	61	.440	16½
Chicago	41	69	.373	24

WEST DIVISION

	W	L	Pct	GB
Oakland	64	47	.577	—
Texas	63	50	.558	2
Seattle	52	60	.464	12½
Los Angeles	51	60	.459	13
Houston	37	74	.333	27

Tuesday's results
Detroit at Cleveland, postponed
N.Y. Yankees at Chicago White Sox
Boston at Houston
Minnesota at Kansas City
Texas at L.A. Angels
Toronto at Seattle
Monday's results
Detroit 4 Cleveland 2
Chicago White Sox 8 N.Y. Yankees 1
Houston 2 Boston 0
Kansas City 13 Minnesota 0
Texas 5 L.A. Angels 2
Toronto 3 Seattle 1
Wednesday's games
All times Eastern
Toronto (Happ 2-2) at Seattle (Harang 5-10), 3:40 p.m.
Detroit (Fister 10-5) at Cleveland (Salazar 1-0), 7:05 p.m.
N.Y. Yankees (Sabathia 9-10) at Chicago White Sox (Santiago 3-7), 8:10 p.m.
Boston (Dempster 6-8) at Houston (Cosart 1-0), 8:10 p.m.
Minnesota (Deduno 7-4) at Kansas City (Duffy 0-0), 8:10 p.m.
Texas (Ogando 4-3) at L.A. Angels (Hanson 4-2), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	68	45	.602	—
Washington	54	58	.482	13½
Philadelphia	50	61	.450	17
New York	49	60	.450	17
Miami	43	67	.391	23½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	67	44	.604	—
St. Louis	65	46	.586	2
Cincinnati	61	51	.545	6½
Chicago	49	62	.441	18
Milwaukee	47	65	.420	20½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	62	49	.559	—
Arizona	56	55	.505	6
San Diego	52	60	.464	10½
Colorado	52	61	.460	11
San Francisco	50	61	.450	12

Tuesday's results
Chicago Cubs at Philadelphia
Miami at Pittsburgh
Atlanta at Washington
Oakland at Cincinnati
Colorado at N.Y. Mets
L.A. Dodgers at St. Louis
Tampa Bay at Arizona
Baltimore at San Diego
Milwaukee at San Francisco
Monday's results
L.A. Dodgers 3 St. Louis 2
Atlanta 3 Washington 2
San Francisco 4 Milwaukee 2
Wednesday's games
All times Eastern
Oakland (Colon 14-3) at Cincinnati (Bailey 6-10), 12:35 p.m.
Baltimore (Gonzalez 8-5) at San Diego (Stults 8-10), 3:40 p.m.
Chicago Cubs (Wood 7-8) at Philadelphia (Hamels 4-13), 7:05 p.m.
Miami (Koehler 3-6) at Pittsburgh (Morton 3-3), 7:05 p.m.
Atlanta (Medlen 8-10) at Washington (Zimmermann 13-6), 7:05 p.m.
Colorado (Chacin 10-5) at N.Y. Mets (Harvey 8-3), 7:10 p.m.
L.A. Dodgers (Nolasco 7-9) at St. Louis (Miller 11-7), 8:15 p.m.
Tampa Bay (Archer 6-4) at Arizona (Delgado 4-3), 9:40 p.m.
Milwaukee (Gorzelanny 2-4) at San Francisco (Bumgarner 11-6), 10:15 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	5	3	2	0	156	128	6
Montreal	5	2	3	0	122	139	4
Hamilton	6	2	4	0	129	187	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	5	5	0	0	183	87	10
Calgary	5	4	1	0	162	133	8
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Monday's result
B.C. 27 Winnipeg 20
Thursday's game — All times Eastern
Toronto at Montreal, 7:30 p.m.
Friday's game
Saskatchewan at Calgary, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	11	7	5	36	29	38
Kansas City	10	7	6	33	24	36
Montreal	10	6	5	33	32	35
Philadelphia	9	7	7	34	32	34
Houston	9	6	6	26	21	33
New England	8	8	6	27	20	30
Chicago	8	9	4	27	31	28
Columbus	6	11	5	25	30	23
Toronto	4	10	8	20	29	20
D.C.	3	15	4	13	36	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	11	7	5	38	26	38
Colorado	9	7	8	30	26	35
Portland	8	3	11	32	21	35
Los Angeles	10	9	3	32	27	33
Vancouver	9	7	6	34	30	33
Dallas	8	6	8	27	30	32
Seattle	9	7	4	27	22	31
San Jose	8	9	6	25	33	30
Chivas USA	4	13	5	19	39	17

Note: 3 points for victory, 1 point for tie.
Saturday's games — All times Eastern
Seattle at Toronto, 7 p.m.
New York at Columbus, 7:30 p.m.
San Jose at Vancouver, 7:30 p.m.
D.C. at Philadelphia, 8 p.m.
Montreal at Chicago, 8:30 p.m.
New England at Kansas City, 8:30 p.m.
Houston at Salt Lake, 9:30 p.m.
Sunday's games
Los Angeles at Dallas, 8 p.m.
Colorado at Chivas, 11 p.m.

The 2014 Cadillac CTS

ALL PHOTOS WHEELBASEMEDIA.COM

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Base price: $54,500

Review. Cadillac's mid size sedan lightens up, powers up and grows up

MALCOLM GUNN
wheelbasemedia.com

2014 Cadillac CTS

- **Type.** Four-door, rear- /all-wheel-drive mid-size sedan.
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (272); 3.6-litre DOHC V6 (321) or (420)
- **Transmissions.** Six-speed (std) and eight-speed (twin-turbo)
- **Base price (incl. destination)** $52,500

Technology

The options list is a lengthy one and includes a 12-inch high-resolution display monitor for operating the infotainment, phone and climate controls. There's also a spoil-you-rotten electronically locking glove box and a power-operated cupholder lid for the centre console.

Fuel Economy

Best of all, perhaps, is the twin turbo V6's 11.6 l/100 km city/7.6 highway fuel numbers that outdo the CTS-V's rating. By comparison, the 2.0-litre turbo CTS is pegged at 10.5/6.6.

Design

With its elongated nose and lower profile, the finished design is much more exotic-looking than before, while maintaining Cadillac's knife-edge design cues. The grille maintains its familiar egg-crate shape, but the side air intakes have been enlarged and the fender edges are now trimmed in a row of LED running lights.

Cadillac's head-to-head battle with German and Japanese rivals is nothing short of audacious and with the re-energized 2014 CTS joining in, the brand continues to gain newfound respect.

The third-generation CTS joins the new compact ATS and full-size XTS in a constantly evolving lineup and will soon be joined by the electric-powered ELR coupe that will employ a similar powertrain to the Chevrolet Volt. The speed at which these new models are coming to market is dizzying to say the least.

The CTS is being repositioned as a larger model with 13 centimetres in added length and about 2.5 centimetres more between the front and rear wheels. Despite these increases, the CTS's base weight is about 115 kilograms less than the 2013 edition and, according to Cadillac, is now 90 kilograms less than a BMW 528i. Contributing to the reduction is a greater use of aluminum in the manufacturing process, including the door structures.

The interior is equally modern and can be trimmed in seven different material combinations, including genuine wood, carbon fibre and aluminum along with cloth and two grades of leather seat coverings. However it's under the hood where the CTS also displays a flair for the dramatic. The choices include a 3.6-litre V6 that produces 321 horsepower and 275 pound-feet of torque. Also available is a turbocharged 2.0-litre four-cylinder rated at 272 horsepower and 295 pound-feet of torque.

The star of the show is a twin-turbocharged version of the V6 that puts out 420 horsepower and 430 pound-feet of torque. This unique-to-Cadillac powerplant anchors the CTS V-Sport (it's also used in the larger XTS), which is the successor to the hotrod CTS-V sedan.

A six-speed automatic transmission comes with the turbo four-cylinder and the base V6 with all-wheel-drive.

The rear-wheel-drive V6 and rear-drive-only twin-turbo V6 each run with an all-new eight-speed automatic transmission with paddle shifters. The twin-turbo V6 hits 60 m.p.h. (96 km/h) in an impressive 4.6 seconds, which isn't quite CTS-V territory (a claimed 3.9 seconds), but it should prove quick enough to satisfy most Cadillac owners.

Optionally, you can expect plenty of electronic safety systems and alerts as well as magnetic ride control that constantly monitors road conditions and driving style to provide a comfortable and stable ride. Take a walk around the new CTS and it's obvious that Cadillac is intent on keeping the car as fresh and relevant as possible, and in tune with buyer expectations.

Upscale driving experience loved in the Golf

Second gear.
2010-2013
Volkswagen Golf

JUSTIN PRITCHARD
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The 2010 to 2013 Volkswagen Golf delivered style and comfort with an eye for versatility, flexible operation and plenty of selection in the marketplace.

Countless variants of the popular German hatchback were available, including a sporty GTI model, a high-performance R variant, and an ultra-thrifty TDI.

Our focus here will be on the mainstream models powered by the standard gasoline engine or the popular TDI diesel engine.

The Golf was available in three- or five-door configurations, or as a wagon, with Trendline, Comfortline, Sportline and Highline models spanning basic to loaded, respectively.

Available feature content included Bluetooth, leather seating, a sunroof, premium audio, auto climate control and more.

Common issues

Ensure all motorized features work as expected — including all windows, the sunroof, power seats and power locks. Check the outboard bolster on the driver's side seat for signs of premature wear.

All interior electronics should be checked and scrutinized. Be sure no Check Engine lights are illuminated, test the stereo system on both radio and CD modes, and be sure the air conditioner blows cold shortly after it's turned on. Engine problems seem fairly infrequent, with the majority of those reported online being sensor-related and relatively easy to diagnose and fix. On a TDI-powered model, ensure performance is smooth and seamless, that on-time oil changes have been carried out throughout the vehicle's life.

Note that white, oily-smelling smoke shortly after startup of a cold engine could be a sign of a worn-out turbocharger. On a TDI powered model, ask a mechanic to check the fuel lines for possible signs of leaking. Issues with the available DSG transmission are typically sensor-related and not mechanical in nature—though shoppers who can drive a manual are advised to stick to their guns.

CONTRIBUTED

What owners like

This era of Golf is rated highly in terms of comfort, utility, ride quality and an overall upscale and sporty driving experience. Many owners say they love the Golf's cabin, which is attractively styled and highly functional.

What owners dislike

Typical complaints include high up-front pricing, wind noise at high speed, and a mediocre standard stereo system. On models with larger wheels, expect a rougher ride, too.

Engine

Mainstream gas models got a 2.5 litre five-cylinder with 170 horsepower. The TDI engine was a 2 litre unit with 140. Look for manual, automatic or DSG gearboxes, depending on the model selected.

The verdict

Decent reliability, an upscale driving experience and plenty of selection in the used market mean used Golf shoppers should have no problem confidently finding a model to suit their needs.

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Caution: High-pressure family road trip

Autopilot. Not the smooth Chevy Impala nor the greatest vehicle on the planet could calm the storm that is a long journey with antsy kids

AUTO PILOT
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We just completed one of our holiday-related road trips — five hours there, five hours back, with our two kids, now teenagers, in the back.

Oh man.

We borrowed the spiffy new 2014 Chevrolet Impala for this Ottawa trip. Along the way fellow motorists might have noticed the red Chevy serenely cruising down the highway, but they would not have noticed the ebb and flow of the atmosphere inside of it.

Sometimes it was great and exactly the kind of communal joy you hope for when families hit the road together.

Other times it was just nicely balanced, with everyone just peacefully doing his or her own thing.

But a few times it was under pressure and full of that special kind of misery that is only possible when families travel long distances to have fun.

Usually our family trips manage to have precious few of the latter experiences, but for some reason, this time out, both teenagers took hard lines over the common but disputed area in the middle of the back seat, where one could lay down a head, or curl up some feet.

At first they took turns using that extra space.

Then someone accused the other of slightly contravening the rules of engagement.

The other took umbrage. The dispute quickly escalated to an absurd level. The combatants fought with volume and skill and extensive knowledge of the other's weaknesses, honed over years of experimentation and dedication.

The parental units tried their best to ignore such proceedings, knowing that a resolution was not going to be easy to come by amidst the emotion and acrimony, and the last thing the parents wanted to do on a holiday was actual, difficult parenting.

The tension over the initial episode never really subsided during the whole trip.

But ultimately we did have a great little get-away white-water rafting on the Ottawa River.

Later, when discussing the fractious driving episode with friends and colleagues, and having them relate their own horror stories from this summer and summers long gone,

I noticed that the vehicles in question mattered little. The episodes happened in big, old stations wagons, in nice, new minivans, in little hatchbacks, in roomy sedans.

Technology is working wonders on bettering fuel economy, performance, safety, comfort, reliability, etc., but when it comes to travelling together, no matter what the device, families will be families, and that's just the way it is.

The 2014 Chevrolet Impala does many things, but easing pressure created by travelling families is not one of them. CONTRIBUTED

The new Chevrolet Impala in action PHOTO: GM

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Coasting, anticipating traffic and using the right gas are just some of the ways you can make savings without a green upgrade

JIL
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As gas prices stay high or climb higher, many people may consider buying new vehicles with advanced technologies, such as hybrids or electric vehicles, to help ease the pain.

They can help, but the reality is that most drivers can enjoy better fuel economy in the vehicles they own right now, just by making some simple changes to their driving habits.

"With proper driving practises, you can save up to 25 per cent on fuel consumption, which could lead to savings of over $2,500 in five years," says Darlene Monkman, an associate at Stantec Consulting, which produces driving improvement videos and courses.

Monkman recommends five driving techniques: accelerate gently, avoid high speeds, maintain a steady speed, coast to decelerate, and anticipate traffic. While all of these together, used all the time, will result in the highest fuel savings, any of them will make a difference.

All of these need to be learned, but anticipating traffic may be the most difficult for some drivers. You need to look as far ahead as possible — right to the horizon, if you can — and watch for traffic issues that will require you to stop unnecessarily, since your vehicle uses the most fuel when starting out from a stop. This can include changing lanes to avoid stopped or turning vehicles, coasting to a red light so you're still moving when it turns green, or slowing down well in advance if traffic is stopped ahead. Driving this way is safer, and can also help your brakes last longer.

Maintaining a steady speed is also difficult for some drivers, who get into the habit of continually being on and off the throttle even on straight, flat roads. In many cases, drivers may not even be aware they're driving like this. If you do, try accelerating gently and, once you've reached your target speed, keep your foot steady on the pedal.

"We have to learn all of this, because it isn't intuitive," Monkman says. "But it will become second nature once you've learned it. If I slam on my brakes because I didn't anticipate traffic, I feel guilty that I should have done better."

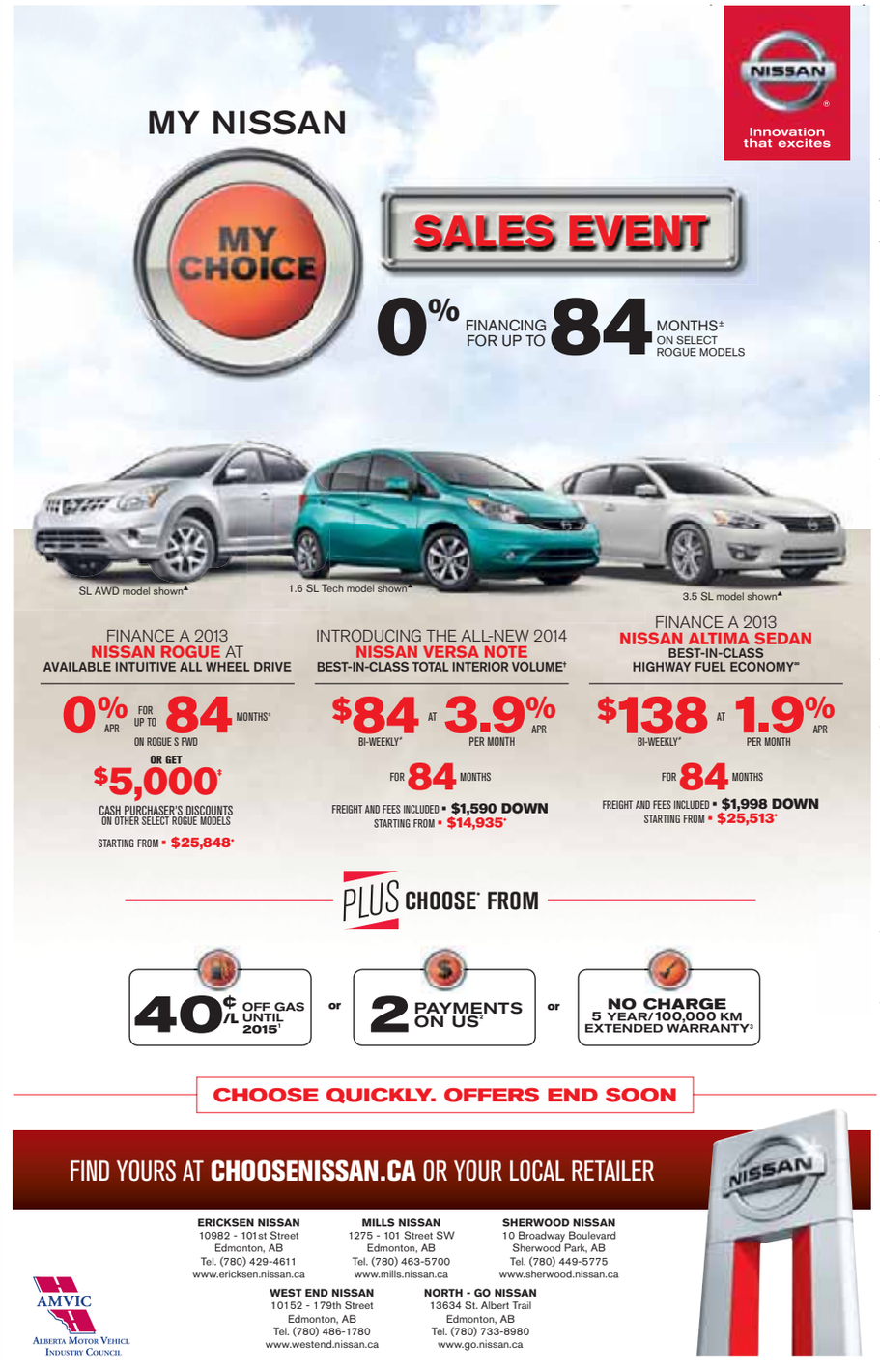
Wise driving saves

"With proper driving practices, you can save up to 25 per cent on fuel consumption, which could lead to savings of over $2,500 in five years,"
Darlene Monkman, an associate at Stantec Consulting

There are many ways you can save at the pumps. CONTRIBUTED

Dollar-saving advice

- **Warm briefly.** Even in cold weather, your engine only needs to warm up for about 30 seconds before you can drive away. Letting it run longer will only waste fuel.
- **Coast to bigger savings.** Most new cars momentarily shut off fuel to the engine when your foot's off the throttle, so coasting to decelerate is driving "for free."
- **Idling wastes fuel.** Turn your vehicle off if you're going to be sitting for more than a few minutes, and go into the store rather than line up in a drive-thru.
- **Fuel check.** Use the recommended grade of fuel for your vehicle. If it only requires regular fuel, using premium is a waste of money.



AMVIC Licensed. *Finance offers are now available on new 2013 Rogue S FWD (W6RG13 AA00), CVT transmission/2014 Versa Note 1.6 S MT (B5RG54 AA00), manual transmission/2013 Altima Sedan 2.5 (T4LG13 AA00), CVT transmission. Selling Price is $25,848/$14,935/$25,513 financed at 0%/3.9%/1.9% APR equals 84 monthly/182 bi-weekly payments of $278/$84/$138 for an 84/84/84 month term. $2,500/$1,590/$1,998 down payment required. Cost of borrowing is $0/$1,926.20/$1,616.96 for a total obligation of $25,848/$16,861/$27,130. ‡$5,000 Cash Purchaser's Discount is based on non-stackable trading dollars and is applicable to all 2013 Nissan Rogue models except 2013 Rogue S FWD (W6RG13 AA00), CVT transmission. The $5,000 cash purchaser's discounts is only available on the cash purchase of select new 2013 Rogue models (excluding the W6RG13 AA00 trim model). The cash purchaser's discounts will be deducted from the negotiated selling price before taxes and cannot be combined with any other offer. Conditions apply. *$25,848/$14,935/$25,513 Selling Price for a new 2013 Rogue S FWD (W6RG13 AA00), CVT transmission/2014 Versa Note 1.6 S MT (B5RG54 AA00), manual transmission/2013 Altima Sedan 2.5 (T4LG13 AA00), CVT transmission/2014 Versa Note 1.6 SL TECH (B5TG14 NA00), Xtronic CVT transmission. $84 bi-weekly/$138 bi-weekly/1.9% APR/84 month lease/$1,590 down/$1,998 down/$2,500 down payment required. Lease payments are based on a maximum kilometre allowance of 20,000 km per year. Excess kilometre charges will apply. Lessee responsible for maintenance, repairs, excess wear and tear, registration, insurance and applicable taxes are extra. Finance and lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Offers valid between August 1, 2013 and September 3, 2013. †Fuel economy from competitive intermediate/compact 2013 internal combustion engine models sourced from Autodata on 13-12-2012. Hybrids and diesels excluded. 2013 Altima fuel economy tested by Nissan Motor Company Limited. Altima: 2.5L engine (7.4L/100 KM CITY/5.0L/100 KM HWY). 3.5L (9.3L/100 KM CITY/6.4L/100 KM HWY). 3.5L shown. Actual mileage may vary with driving conditions. Use for comparison purposes only. ‡Association of International Automobile Manufacturers of Canada (AIAMC) Entry Level Segmentation. MY14 Versa Note v. MY13/14 competitors. ‡Offer available to all qualified retail customers who lease, finance (and take delivery), or cash purchase a new 2014 Versa Note/2013 Altima Sedan/Rogue/Frontier/Murano/Pathfinder/Juke models (Juke offer only available in ON), on approved credit, from a participating Nissan retailer in Canada between August 1, 2013 and September 3, 2013. Customers who finance a new 2014 Versa Note/2013 Altima Sedan/Rogue/Frontier/Murano/Pathfinder/Juke models will get cash rebates as follows: 2 cents per litre save $40/$30/$20/$10 (up to 2,000 litres). Customers who lease a new 2014 Versa Note/2013 Altima Sedan/Rogue/Frontier/Murano/Pathfinder/Juke models will receive 2 payments on us (up to $600 each). Customers who purchase a new 2014 Versa Note/2013 Altima Sedan/Rogue/Frontier/Murano/Pathfinder/Juke models will receive a 5 year/100,000 km extended warranty (60 months/60,000 km Basic Warranty + 60 months/60,000 km Powertrain Limited Warranty). Offer must be purchased by September 3, 2013 and is not available on Fleet, Government or Commercial sales. See participating retailer for details. Offer available to qualified retail customers only. Some conditions/limitations apply. The no charge extended warranty is the Nissan Added Security Plan (^ASP^) and is administered by Nissan Canada Extended Services Inc. (^NCESI^). In all provinces NCESI is the obligor. See details at www.choosenissan.ca. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ™ 1998-2013 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc. Petro-Canada is a Suncor Energy business. ™ Trademark of Suncor Energy Inc. Used under licence.

Tech-ing the fight to the criminals

Autoknow. Information is power: Law breakers of the roads beware, the cops have much better 'apps' than you

TODD BURLAGE
wheelbasemedia.com

Officer Garrett Dow can't help but laugh every time he puts on an old rerun of Adam-12, the classic cop show from the 1960s and '70s.

"Everything they did on the show, all their communication, was done on the radio. Or, they had to go use a pay phone to call in an arrest warrant, or to see if somebody was wanted," said Dow, a technology officer for the Portland Police Bureau in Oregon.

"In police work today, that information is all at the officer's fingertips and available to him on-demand. Technology is helping the officer do his job much more efficiently and effectively."

From computer-aided dispatch to high-definition video to in-car warrant checks to laser license-plate readers, the police car has evolved into a self-contained crime-fighting lab, rather than just a mode of transportation. Law-enforcement agencies throughout North America have adopted new technologies that have become a trusty co-pilot, always ready to spot problems that would have often gone undetected in the days of pay phones and bulky radios.

"Information is key," Dow said. "You need to know who the person is in front of you because people don't always tell you the truth. These technologies help you know exactly who you are dealing with and they help you get to the truth faster."

Automated Licence Plate Recognition (ALPR) is the latest law-enforcement technology gaining the most momentum.

If a match is detected on the "hot list," the system immediately and automatically alerts the officer. Stolen cars, Amber Alerts, active warrants, expired registrations and unpaid parking fines are just a few infractions ALPR detects, all within just a couple of seconds.

"To make technology like this that requires very little officer intervention is really where the technological advances are," Dow said. "As long as it is helping the officer do his job more efficiently, and not slowing him down, then technology is good. But if it is too cumbersome, and doesn't really work, then it is not so good."

And while ALPR technology is a terrific tool for law enforcement and other government agencies for spotting criminals, the random reading and storing of vehicle information from tens of thousands of innocent drivers also has the attention of the American Civil Liberties Union.

"These systems are configured to store the photograph, the license plate number, and the date, time, and location where all vehicles are seen — not just the vehicles that generate hits," the ACLU said in a written statement to CNN.

Privacy debate aside, technology and law-enforcement are becoming more intertwined every day.

Police officers spend much of their shift in the driver's seat, and are often sitting still while writing reports, operating a radar gun or monitoring a laptop computer. Ford Motor Company recently unveiled an in-car system called "Surveillance Mode" to assist these idle officers. This safety feature uses four rear-mounted sensors as an extra set of eyes to warn an officer of a sneak attack from behind, an important protection tool, especially at night when visibility is low.

No statistics are available on how many officers are killed each year in their cars. But in 2011, an officer on the campus of Virginia Tech in Blacksburg was shot and killed in his parked patrol car at close range while conducting a traffic stop. And earlier this year in Cambridge, a Massachusetts Institute of Technology (MIT) officer was killed in his police cruiser in connection with the Boston Marathon bombings.

Surveillance Mode detects a person coming near the car from behind, and immediately triggers an alarm, locks the doors and puts up the windows for added safety.

More recently, police departments are investing in GPS launchers to help eliminate the need for high-speed pursuits. According to a story in USA Today, almost 400 people are killed in the United States each year during police chases — about one third of which are bystanders — and nearly 40 per cent of these pursuits end in crashes. This tracking system uses a compressed-air launcher mounted to the vehicle's grill to fire a GPS "tag" that adheres to the fleeing vehicle and emits location information, making it easy to track the vehicle without the need for speed.

Voice activation is also becoming more mainstream as officers can simply speak a command inside their vehicle such as "warrant check" or "license search" and the on-board computer system will take it from there, allowing the officer to hear the results without taking their eyes off the road. It helps catch the bad guys while also improving officer safety.

"Finally, technology is entering the same century that we are working in. Just 10 years ago, we felt like we were two or three decades behind," Dow said. "But despite how good the technology is, it still doesn't replace an officer's good police work. He still has to go out and do his job, but these advances are going to make it a lot easier."

How it works

Automated Licence Plate Recognition (ALPR). When installed, the police car's three outward facing cameras — one forward, one to the left lane, one to the right lane — scan every licence plate that passes through their field of "vision" and compares them to a database of "plates of interest."

So yesterday

"Everything they did on the show, all their communication, was done on the radio. Or, they had to go use a pay phone to call in an arrest warrant, or to see if somebody was wanted."

Garrett Dow, a technology officer for the Portland Police Bureau in Oregon.
On how police of the 60-70s used minimal technology, just like the TV shows from back then showed, to do their job.

The modern patrol car is more than just transportation. It's a rolling information base that can even automatically scan plate numbers and match them to a database of "plates of interest." ALL IMAGES WHEELBASE

Using existing in-car collision-warning technology, Ford has found a way to alert drivers to people approaching from behind. The system locks the doors and rolls up the windows to protect officers.

After 100 years, a police car still has four wheels and an engine, like the very early models (above) but the biggest gains in law enforcement have been made with regard to gathering and sharing information between cars.

Versatile system

• ALPR's other use. Law-enforcement agencies insist the centralized database used in ALPR serves as another important tool to solving crimes that too often go cold. For example: a shooting takes place in the 100 block of Main Street and the time of the incident is set at 2 a.m. If a patrol car happened to pass by the crime scene minutes before, detectives would have a list of cars parked in the area to help them pinpoint potential suspects.

Horoscopes

♈ Aries
March 21 - April 20
A parting of the ways may be necessary but you know it's for the best. You have important things to do, especially in your career, and you cannot allow personal feelings to come between you and success.

♉ Taurus
April 21 - May 21
It is important that you think only positive thoughts over the next 24 hours. You have such a strong imagination that if you let negative ideas take hold, they could easily become your reality. Don't let that happen.

♊ Gemini
May 22 - June 21
Don't waste time worrying about things that will probably never happen. The more time you spend fretting over minor matters, the less time you have to enjoy yourself.

♋ Cancer
June 22 - July 23
You may want to be critical of someone today but if you are smart you will bite your lip and say something nice instead. You have got to work with this person over the long-term, so don't start a feud.

♌ Leo
July 24 - Aug. 23
Something you have been asked to get involved with may look complicated but it's actually simple. Give it a go and before you know it, you will be the resident expert. Others will admire your dynamism.

♍ Virgo
Aug. 24 - Sept. 23
It does not hurt to be careful but there is a fine line between caution and suspicion and if you cross it today, you may find it hard to cross back again.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to tackle several things at once today but if you are smart you will take your time and take on one task at a time. That way, at least you'll get one thing finished.

♏ Scorpio
Oct. 24 - Nov. 22
Some people may tell you a job has to be done the way it has always been done in the past. But follow your instincts if they tell you something different.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to do something you don't enjoy but don't complain. If nothing else, it will make you realize how fortunate you are that you don't have to do this sort of thing each day of your life.

♑ Capricorn
Dec. 22 - Jan. 20
If you are not in the mood to do anything serious today, you must let those around you know at the earliest opportunity. Otherwise, they will load you up with tasks that you don't care about.

♒ Aquarius
Jan. 21 - Feb. 19
Today, you may briefly wish you were somewhere else and doing something less challenging. But, once you get into what you are expected to do you will enjoy it immensely.

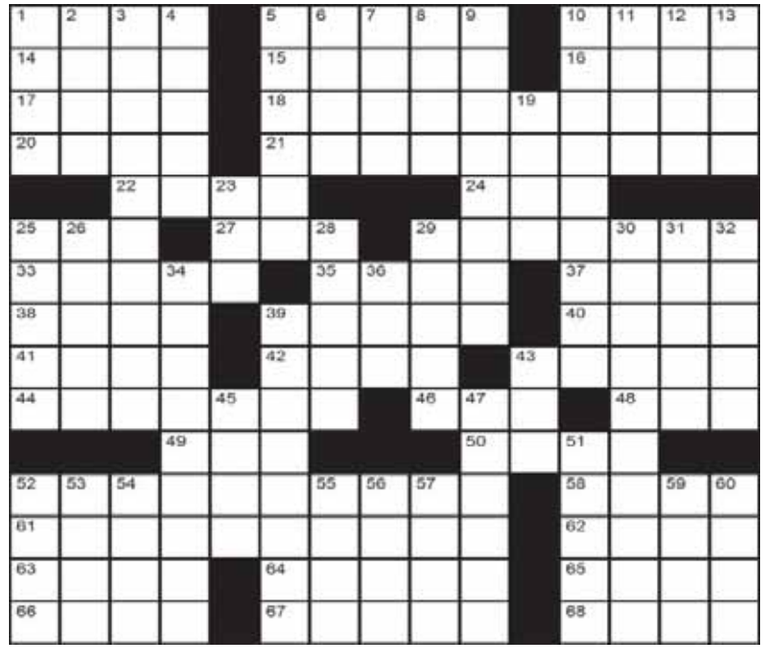
♓ Pisces
Feb. 20 - March 20
A sudden attraction is likely over the next 24 hours but if you are wise you will keep it on a fun and friendly level. If you let your passions rage, you could end up making promises you don't want to keep.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

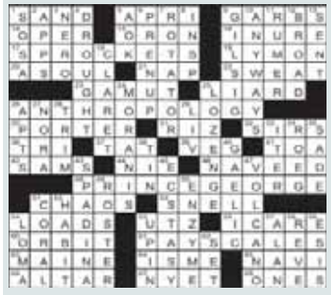
BY KELLY ANN BUCHANAN



Across
1. Zigs pals
5. Closes
10. Dollop
14. Earthen pot type
15. TV series creator Mr. Sorkin
16. River to the Ubangi
17. Don't upset the Sergeant
18. 1942 WWII-set drama starring Greer Garson and #44-Across: 2 wds.
20. Lacking
21. At-home holiday
22. __ contendere (Court plea)
24. Car company
25. Lettered insurance co.
27. "Go on..."
29. ATV = All-__ Vehicle
33. Haze/pollution mixtures
35. Give the hoodlum a hand
37. Latin pronoun
38. Bull: Prefix
39. Iron
40. Pepper's partner
41. Heraldic border
42. Be part of a mob
43. Scatter
44. Saint John-born actor, Walter __
46. Tibetan ox
48. "The A-Team" star, __. _
49. Aug., Sept., __....
50. "__'Rent Strokes" (Sitcom)
52. Warmed too much
58. Feudal fellow
61. _._. __ (Weyburn, SK-born author of 1947 novel Who Has Seen the Wind)
62. Region
63. Director Mr. Kazan
64. Deed
65. Wound's remnant
66. Actress Laura
67. War horse
68. "Take this..."

Down
1. Animal attractions
2. Actress Jessica
3. Canadian classical pianist/broadcaster: 2 wds.
4. Authorization
5. Biblical hair guy
6. Rodgers and __ (Broadway composers)
7. Constellation bear
8. "Skip, skip, skip __ Lou...": 2 wds.
9. "Lemony __ A Series of Unfortunate Events" (2004)
10. Randy Bachman, for one
11. Actor, Zachary __
12. Margarine
13. City in Switzerland [var. sp.]
19. "CBC News Now with Reshmi __"
23. __ Cruces, New Mexico
25. Put _ __ to (Halt)
26. Porcelain piece of Japan
28. "Beyond the Sea" singer Bobby
29. Petulant
30. Home security systems company based in Toronto
31. More maladied
32. __ __. (Food packaging meas.)
34. Chant for music-making monks
36. Q. "Alphabet's 15 letter...?" A. "That would __ _."
39. Defends
43. Jet __ (Beach watercraft)
45. Genuine
47. Perplexed
51. USB __ drive
52. Due
53. Mouse-like critter
54. Gulf leader [var. sp.]
55. Take _ __ (Be setback)
56. Head: French
57. Canadian plus-size clothing chain, Addition __
59. Raise
60. Challenge

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

				8		4	7	9
7	6		9	3			8	
						1		
			1					3
9	5		2		4		1	8
1					8			
		9						
	4			6	3		9	2
8	3	2		1				

Yesterday's Sudoku

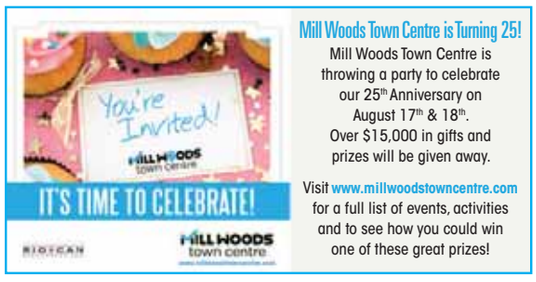
5	4	9	1	2	6	8	7	3
7	1	8	5	9	3	4	2	6
2	3	6	7	4	8	1	9	5
1	2	3	8	5	9	6	4	7
9	6	4	2	3	7	5	8	1
8	5	7	4	6	1	9	3	2
6	9	2	3	1	4	7	5	8
4	8	5	6	7	2	3	1	9
3	7	1	9	8	5	2	6	4

Weather

TODAY	THURSDAY	FRIDAY
MAX: 18° MIN: 13°	MAX: 20° MIN: 10°	MAX: 27° MIN: 12°

BT BREAKFAST TELEVISION

MICHELE MCDOUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**



Mill Woods Town Centre is Turning 25!
Mill Woods Town Centre is throwing a party to celebrate our 25th Anniversary on August 17th & 18th. Over $15,000 in gifts and prizes will be given away.
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